

American Cancer Society Recommendations For the Early Detection of Cancer in Asymptomatic People

Test or Procedure	Population		
	Sex	Age	Frequency
Sigmoidoscopy, preferably flexible	M & F	50 and over	Every 3-5 years
Fecal Occult Blood Test	M & F	50 and over	Every year
Digital Rectal Examination	M & F	40 and over	Every year
Prostate Exam*	M	40 and over	Every year
Pap Test	F	All women who are, or who have been, sexually active, or have reached age 18, should have an annual Pap test and pelvic examination. After a woman has had three or more consecutive satisfactory normal annual examinations, the Pap test may be performed less frequently at the discretion of her physician.	
Pelvic Examination	F	18-40 Over 40	Every 1-3 years with Pap test Every year
Endometrial Tissue Sample	F	At menopause, if at high risk**	At menopause and thereafter at the discretion of the physician
Breast Self-Examination	F	20 and over	Every month
Breast Clinical Examination	F	20-40 Over 40	Every three years Every year
Mammography***	F	40 and over	Every year
Health Counseling and Cancer Checkup****	M & F M & F	20-40 Over 40	Every 3 years Every year
<p>* Prostate-specific antigen (PSA) should be performed on men 50 years and older. If either the rectal examination or PSA is abnormal, further evaluation should be considered.</p> <p>** History of infertility, obesity, failure to ovulate, abnormal uterine bleeding, or unopposed estrogen or tamoxifen therapy.</p> <p>*** Screening mammography should begin by age 40.</p> <p>**** To include examination for cancers of the thyroid, testicles, prostate, ovaries, lymph nodes, oral region, and skin.</p>			

Cancer Facts and Figures
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